The Future of Nursing and Primary Care

The National Conference of State Legislatures 2010 Legislative Summit

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# Flawed U.S. Health System

## Aging, Sicker Population

- 85 and older fastest growing segment*
- 30% of Americans have 2 or more chronic conditions**
- 85% of nation’s health care dollars treat chronic conditions**
- 5% of beneficiaries who die each year take up 30% of Medicare budget***

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**Anderson, Gerard. “Chronic Care: Making the Case for Ongoing Care” RWJF Chartbook, February 2010.

Flawed U.S. Health System

- Health disparities
- High infant mortality (ranked 37th)*
- Lagging life expectancy (ranked 31st)*
- Medical errors

Primary Care Shortage

Physicians choose higher-paying specialties over primary care

Rural and urban areas hit hard

28% of Medicare patients who tried to find new PCP had trouble*

Primary Care Shortage

Massachusetts Universal Health Care Experience:

- 60% PCP accept new patients in 2009**
- 70% PCP accept new patients in 2007**
- 42% Patients able to see PCP within week in 2007*
- 56% Patients able to see PCP within week in 2006*

Massachusetts Medical Society, “Physician Workforce Study” 2007* and 2009**
Patient Protection and Affordable Care Act (PPACA)

32 million people to receive health insurance coverage

Fear: Long waits
Fear: High costs

Solution: Nurses can help fill voids in primary care and chronic care management
21st Century Health Care

- Prevention
- Chronic Care Management
- Care Coordination
- End-of-Life Care
Example: Ruth Lubic

Family Health & Birth Center, Washington, D.C.

- Midwifery women-centered care
- Improved pregnancy outcomes for low-income women

Ruth Lubic, Photo: CBS News
# Example: Ruth Lubic

<table>
<thead>
<tr>
<th>Condition</th>
<th>Birth Center Outcomes</th>
<th>Washington, D.C. Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-term Births</td>
<td>5%</td>
<td>15.6% (black births)</td>
</tr>
<tr>
<td>Low Birth-Weight Births</td>
<td>3%</td>
<td>14.5%</td>
</tr>
<tr>
<td>C-Section Deliveries</td>
<td>10%</td>
<td>31.5%</td>
</tr>
<tr>
<td>Breastfeeding</td>
<td>86% at discharge</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Example: Transitional Care Model

Goals:

- avoid repeat hospitalizations
- attain better health outcomes
TCM Improves Quality of Care*

TCM’s Impact on Hospital Readmission Rates

% of Patients

- Within 6 weeks*: 10% (TCM Group), 23% (Control Group)
- Within 24 weeks*: 28% (TCM Group), 56% (Control Group)
- At 52 weeks*: 48% (TCM Group), 61% (Control Group)

Transitional Care Model Savings*

Nearly $5,000 in savings at one year.

Total Cost (Reimbursement) for Re-Hospitalizations

<table>
<thead>
<tr>
<th>U.S. Dollars</th>
<th>TCM Group</th>
<th>Control Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0</td>
<td>$3,630</td>
<td>$6,681</td>
</tr>
<tr>
<td>$2,000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$4,000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$6,000</td>
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<td></td>
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<tr>
<td>$8,000</td>
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<td></td>
</tr>
<tr>
<td>$10,000</td>
<td>$7,636</td>
<td></td>
</tr>
<tr>
<td>$12,000</td>
<td></td>
<td></td>
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<tr>
<td>$14,000</td>
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</table>

Within 24 weeks*  At 52 weeks*

Readmission After Hospital Discharge

Nurses Are Solution

- Add value
- While reducing costs
- Improve quality
- Enhance access
- Add value while reducing costs
Challenges Facing Nursing

1) Scope of Practice

2) Reimbursement

3) Educational Capacity
Scope of Practice

APRNs must be allowed to practice to full extent of their education and licensure

• Help provide cost-effective care
• Help address primary care shortage
**Scope of Practice**

Statutory and regulatory barriers prevent nurses from practicing to full extent of their licensure

<table>
<thead>
<tr>
<th>States Allowing APRNs to Practice Independently</th>
<th>States Requiring APRNs to Practice in Collaboration with Physician</th>
<th>States Mandating Physician Supervision</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 states</td>
<td>20 states</td>
<td>7 states</td>
</tr>
</tbody>
</table>

23 states allow APRNs to practice independently

20 states require APRNs to practice in collaboration with physician

7 states mandate physician supervision
Some managed care organizations don’t credential nurse practitioners as PCPs. These nurses can’t be reimbursed for care they’re authorized to practice.
Reimbursement

Payment systems often don’t recognize:

- Prevention
- Care Coordination
- Chronic Care Management

Nurses’ contributions not reimbursed
Reimbursement

One Solution: ACOs

- Links primary care with specialties and hospital in a community
- Providers held accountable for cost and quality of care
- Receive bonuses or penalties based on performance
Educational Capacity

Nursing schools lack enough faculty

Can’t teach and mentor next generation of nurses

Must recruit more nurses to get Ph.D.-level education required for teaching
## Educational Capacity

<table>
<thead>
<tr>
<th>More nurses need advanced degrees</th>
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</thead>
<tbody>
<tr>
<td>- Most nurses educated in community colleges</td>
</tr>
<tr>
<td>- Only 20% of community college grads get advanced degrees</td>
</tr>
<tr>
<td>- Can’t fill 21\textsuperscript{st} century faculty and primary care needs</td>
</tr>
</tbody>
</table>
Educational Capacity: Solutions

1. Increase graduate-level financial assistance

2. Raise faculty salaries

3. Create financial incentives for APRNs to pursue academic careers
Initiative on the Future of Nursing

Showcases nurse contributions for a more effective and efficient health care system
IFN Goals

Transform nursing field

Improve patient care
Initiative on the Future of Nursing

Goal: achieve impact

Implementation
Initiative on the Future of Nursing

- Stellar leadership
- Diverse committee
- Open process
- Public engagement

Commission Chair
Donna Shalala
IFN Implementation

Plan:

• prioritize recommendations
• determine gaps; add other recs
• engage strategic partners
• select national advisory commission
• launch AARP advocacy effort
IFN Implementation

October 5
- Press conference to unveil recommendations
- National Press Club

Nov. 30-Dec. 1
- Implementation Launch Conference
- Invitation only
- Action-oriented event
- Diverse partners, VIPs
- Breakout groups to foster engagement/develop strategy
IFN Implementation Launch Conference

High-Level Leaders to Attend Launch

RWJF President
Risa Lavizzo-Mourey

IOM President
Harvey Fineberg

IFN Chair
Donna Shalala
We’ll devote at least two years to implementation
IFN Resources

- Visit us on the Web at: www.thefutureofnursing.org
- Follow us on twitter at: www.twitter.com/futureofnursing
- Leave a comment on the Initiative blog at: www.blog.thefutureofnursing.org
- Join us on Facebook at: http://facebook.com/futureofnursing